	MΛ	RATH	ON HANI	)BOOK	12 W	EEK HALF	MARATH	ON TRAIN	ING PLAN	: KM
Taining Run   Rest Day   Training Run   Rest Day   Training Run   Rest Day   Training Run   Rest Day					Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
Rest Day   Training Run   Race Pace Run   Rest Day   Training Run   Strength Training   Long Run   Long Run   Sk   RPE: 3-4   A5-60 mins   RPE: 2-3   RPE: 3-4   RPE: 3-4   A5-60 mins   RPE: 2-3   RPE: 3-4   RPE: 3-4   RPE: 3-4   A5-60 mins   RPE: 2-3   RPE: 3-4   RPE: 3-5   RPE: 3-4   RPE: 3-4   RPE: 3-4   RPE: 3-4   RPE: 3-4   RPE: 3-5   RPE: 3-4   RPE: 3-4	1		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	20 k
Rest Day				5 k	3 k		5 k		7 k	
Sk   RPE: 3-4   RPE: 4-5   Rest Day   Training Run   Rest Day   Rest Day   Rest Day   Training Run   Rest Day   Rest Day   Rest Day   Rest Day   Rest Day   Training Run   Rest Day   Rest Day   Rest Day   Rest Day   Training Run   Rest Day				RPE: 3-4	RPE: 4-5		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day   Training Run   Rest Day   Training Run   Strength Training Run   Long Run			Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	21 k
Rest Day	2			5 k	3 k		5 k		8 k	
Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Rest Day   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Training Run   Race Pace Run   Rest Day   Rest Da				RPE: 3-4	RPE: 4-5		RPE: 3-4	45-60 mins	RPE: 2-3	
RPE: 3-4   RPE: 4-5   Rest Day   Training Run   6 k   7 k   RPE: 3-3   45-60 mins   RPE: 2-3   Rest Day   6 k   RPE: 3-4   45-60 mins   RPE: 2-3   Rest Day   Training Run   7 k   4 k   RPE: 3-4   45-60 mins   RPE: 2-3   Rest Day   Training Run   7 k   4 k   RPE: 3-4   45-60 mins   RPE: 2-3   Rest Day   Training Run   7 k   4 k   RPE: 3-4   45-60 mins   RPE: 2-3   Rest Day   Training Run   7 k   RPE: 3-4   45-60 mins   RPE: 2-3   Rest Day   Rest Day   Training Run   7 k   RPE: 3-4   RPE: 3-4   45-60 mins   RPE: 2-3   Rest Day   Rest Day   Training Run   7 k   RPE: 3-4   RPE: 3-4   45-60 mins   RPE: 2-3   Rest Day   Rest Day   Training Run   7 k   RPE: 3-4   RPE: 3-4   45-60 mins   RPE: 2-3   RPE: 2-3   Rest Day   Re			Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	25 k
Rest Day	3			6 k	3 k		6 k		10 k	
Rest Day   Training Run   Race Pace Run   Rest Day   Training Run   Training Run   Training Run   Rest Day   Training Run   Rest Day   Rest Day   Training Run   Rest Day   Rest Day   Training Run   Rest Day   Training Run   Rest Day   Rest				RPE: 3-4	RPE: 4-5		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day   Training Run   Race Pace Run   Rest Day   Training Run   Rest Day   Training Run   Rest Day   Training Run   Rest Day   Rest Day   Rest Day   Training Run   Rest Day   Rest Day   Training Run   Rest Day   Rest Day   Training Run   Rest Day   Training Run   Rest Day   Rest Day   Rest Day   Training Run   Rest Day   Rest Day   Training Run   Rest Day   Rest Day   Training Run   Rest Day   Rest			Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	22 k
Rest Day	4			6 k	3 k		6 k		7 k	
Tk				RPE: 3-4	RPE: 4-5		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day	5		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	28 k
Rest Day				7 k	4 k		7 k		10 k	
6         7 k RPE: 3-4         4 k RPE: 4-5         7 k RPE: 4-5         45-60 mins         11 k RPE: 2-3           7         Rest Day         Training Run         Race Pace Run 7 k         Rest Day         Training Run         Strength Training         Long Run         31 k           8         Rest Day         Training Run         Race Pace Run 8 k         Rest Day         Training Run         Strength Training         Long Run         30 k           9         Rest Day         Training Run         Race Pace Run 8 k         Rest Day         Training Run         Strength Training         Long Run         36 k           9         Rest Day         Training Run         Race Pace Run 8 k         Rest Day         Training Run         Strength Training         Long Run         36 k           10         Rest Day         Training Run         Rest Day         Rest Day         Training Run         Strength Training         Long Run         37 k           10         Rest Day         Training Run         Rest Day         Training Run         Strength Training         Long Run         37 k           10         Rest Day         Training Run         Rest Day         Training Run         Strength Training         Long Run         37 k           11 </td <td></td> <td></td> <td>RPE: 3-4</td> <td>RPE: 4-5</td> <td></td> <td>RPE: 3-4</td> <td>45-60 mins</td> <td>RPE: 2-3</td> <td></td>				RPE: 3-4	RPE: 4-5		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day			Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	29 k
Rest Day	6			7 k	4 k		7 k		11 k	
7 k         4 k         7 k         4 sepe: 3-4         4 sepe: 2-3           8         Rest Day         Training Run         Race Pace Run         Rest Day         Training Run         Strength Training         Long Run         30 k           9         Rest Day         Training Run         Race Pace Run         Rest Day         Training Run         Strength Training         Long Run         36 k           9         Rest Day         Training Run         Race Pace Run         Rest Day         Training Run         Strength Training         Long Run         36 k           10         Rest Day         Training Run         Rest Day         Training Run         Strength Training         Long Run         37 k           10         Rest Day         Training Run         Rest Day         Training Run         Strength Training         Long Run         37 k           10         Rest Day         Rest Day         Training Run         Strength Training         Long Run         37 k           11         Rest Day         Training Run         Strength Training         Long Run         32 k           11         Rest Day         Rest Day         Training Run         Strength Training         Long Run         32 k           12         Rest Day				RPE: 3-4	RPE: 4-5		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Strength Training Run   Long Run   30 k			Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	31 k
8         Rest Day         Training Run         Race Pace Run         Rest Day         Training Run         Strength Training         Long Run         30 k           9         Rest Day         Training Run         Rest Day         Rest Day         Training Run         Strength Training         Long Run         36 k           10         Rest Day         Training Run         Race Pace Run         Rest Day         Rest Day         Training Run         Strength Training         Long Run         36 k           10         Rest Day         Training Run         Rest Day         Training Run         Strength Training         Long Run         37 k           10         Rest Day         Training Run         Rest Day         Rest Day         Training Run         Strength Training         Long Run         37 k           11         Rest Day         Training Run         Rest Day         Training Run         Strength Training         Long Run         32 k           11         Rest Day         Rest Day         Training Run         Rest Day         Training Run         Rest Day         Rest Day         Easy Run         HALF MARATHON         34 k           12         Rest Day         Training Run         Rest Day         Easy Run         Rest Day         Easy Run	7			7 k	4 k		7 k		13 k	
8         8 k         4 k         8 k         4 k         8 k         10 k         RPE: 2-3           9         Rest Day         Training Run         Race Pace Run         Rest Day         Training Run         Strength Training         Long Run         36 k           10         Rest Day         Training Run         Rest Day         Training Run         Strength Training         Long Run         37 k           10         Rest Day         Training Run         Rest Day         Training Run         Strength Training         Long Run         37 k           Rest Day         Training Run         Rest Day         Rest Day         Training Run         Strength Training         Long Run         32 k           11         Rest Day         Training Run         Rest Day         Training Run         Strength Training         Long Run         32 k           11         Rest Day         Rest Day         Rest Day         Training Run         Rest Day         Rest Day         Strength Training         Long Run         32 k           Rest Day         HALF MARATHON         34 k				RPE: 3-4	RPE: 4-5		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Strength Training   Long Run   36 k   8 k   15 k   RPE: 3-4   45-60 mins   RPE: 2-3			Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	30 k
Rest Day   Training Run   Race Pace Run   Rest Day   Rest Day   Strength Training   Long Run   36 k   8 k   15 k   RPE: 3-4   RPE: 4-5   RPE: 3-4   45-60 mins   RPE: 2-3   A5-60 mins   RPE: 2-3   Rest Day	8			8 k	4 k		8 k		10 k	
9         8 k         5 k         8 k         15 k           RPE: 3-4         RPE: 3-4         45-60 mins         RPE: 2-3           10         Rest Day         Training Run         Rest Day         Training Run         Strength Training         Long Run         37 k           10         8 k         5 k         8 k         16 k </td <td></td> <td></td> <td></td> <td>RPE: 3-4</td> <td>RPE: 4-5</td> <td></td> <td>RPE: 3-4</td> <td>45-60 mins</td> <td>RPE: 2-3</td> <td></td>				RPE: 3-4	RPE: 4-5		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day   Training Run   Race Pace Run   Rest Day   Training Run   Rest Day   Rest Da	9		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	36 k
Rest Day				8 k	5 k		8 k		15 k	
10         8 k         5 k         8 k         16 k           RPE: 3-4         RPE: 4-5         RPE: 3-4         45-60 mins         RPE: 2-3           11         Rest Day         Training Run         Rest Day         Training Run         Strength Training         Long Run         32 k           11 k         RPE: 3-4         8 k         11 k         RPE: 2-3         45-60 mins         RPE: 2-3           Rest Day         Training Run         Rest Day         Easy Run         Rest Day         Easy Run         HALF MARATHON         34 k           12         5 k         5 k         3 k         21 k				RPE: 3-4	RPE: 4-5		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day         Training Run         Race Pace Run         Rest Day         Training Run         Strength Training         Long Run         32 k           11         8 k         5 k         8 k         11 k         11 k         RPE: 2-3         RPE: 2-3         45-60 mins         RPE: 2-3         RPE: 2-3         RPE: 2-3         45-60 mins         RPE: 2-3         RPE: 2-3         RPE: 2-3         RPE: 2-3         45-60 mins         RPE: 2-3         RPE: 2-			Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	37 k
Rest Day	10			8 k	5 k		8 k		16 k	
11         8 k         5 k         8 k         11 k           RPE: 3-4         RPE: 3-4         45-60 mins         RPE: 2-3           Rest Day         Training Run         Rest Day         Easy Run         Rest Day         HALF MARATHON         34 k           12         5 k         5 k         3 k         21 k				RPE: 3-4	RPE: 4-5		RPE: 3-4	45-60 mins	RPE: 2-3	
Rest Day         Training Run         Rest Day         Easy Run         Rest Day         Easy Run         Rest Day         Easy Run         HALF MARATHON         34 k           12         5 k         5 k         3 k         21 k			Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	32 k
Rest Day Training Run Rest Day Easy Run Rest Day Easy Run 3 k 21 k	11			8 k	5 k		8 k		11 k	
12 5 k 5 k 3 k 21 k				RPE: 3-4	RPE: 4-5		RPE: 3-4	45-60 mins	RPE: 2-3	
			Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	HALF MARATHON	34 k
RPE: 3-4 RPE: 2-3 RPE: 5	12			5 k		5 k		3 k	21 k	
				RPE: 3-4		RPE: 2-3		RPE: 2-3	RPE: 5	